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## THIS IS THE MOST IMPORTANT DAY OF YOUR LIFE,

BECAUSE IT IS NOW.  
YESTERDAY IS THEN,  
TOMORROW IS WHEN,  
THIS DAY IS NOW.

~ Robert A. Monroe  
*MIND FOOD Morning Exercise*

by Laurie A. Monroe



We all know the importance of being present in each and every moment, and we all know the difficulty of staying totally in the moment as thoughts of the future or past incessantly drift through our minds. So perhaps we need to reflect on the past and to consciously pattern our future with a compassionate vision. Setting time aside to do this helps us to stay present in the now.

YESTERDAY IS THEN. The Monroe Institute is a product of continual evolution. We at TMI greatly appreciate the many people whose contributions through the years have insured the Institute's growth. The dedication of many friends who devoted time and energy to understanding the OOB

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## MAKING WAVES WITH HEMI-SYNC

by Ruth Hetzel



A combination of personal life changes and serendipity drew Ruth Hetzel to the work of Robert Monroe and Hemi-Sync. Once she realized the value of her discoveries, Ruth's outgoing, proactive nature insured that she would spread the word at every opportunity. She has been tossing Hemi-Sync "pebbles" into still water for over thirteen years, and

*the ripples have now reached the farthest shores of her community.*

Through the mid-1960s and my early fifties, I did the usual things that were expected of women of my generation: college, work, marriage, children, and volunteer activities. There were always many challenging and interesting things to do. I felt good, and I felt good about my life.

Then things changed. I developed health problems, and several

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## THE VIEW FROM THE RECEIVING SIDE OF DEC

by Madison Lee

*Although Madison Lee has never attended a TMI residential program, he got his first taste of progressive relaxation techniques in 1969. Then he touched on meditation and energy work as a student of Washin Ryu Karate. By 1989, Madison had discovered Far Journeys. Shortly thereafter, he purchased HUMAN PLUS, Volume I, and Wave I of the GATEWAY EXPERIENCE and added Hemi-Sync to his eclectic repertoire. He joined the Dolphin Energy Club in 1991—its first year of existence—and felt pretty familiar with the process. Then a personal injury took him to a new level of understanding.*

I love riding bicycles, especially the endorphin high of bicycle racing. I race in the Master 45+ category—fast, mature riders. The three-day Enchanted Mountain stage held in Olean, New York, is one of the best-organized races in the state, and I was riding in it on July 18-20, 1997.

At the end of the individual time trial, which took place during a spectacular thunderstorm, I had the fastest time. After the officials reviewed the videotapes and time strips I dropped to second place: still a great position. Following the hilly road race, I was in fourth place. With only seconds between me and third place, I was psyched up to win.

In the criterium (twenty-five laps in downtown Olean on an .8 mile loop with eight turns), I picked up a one-second time bonus in a sprint. I felt good, was recovering fast, and had every expectation of doing well in the next time sprint and at the finish. I had a hunch that two of the strongest "crit" racers were setting up for a breakaway. Through the next two corners, I was moving up to be in on that break.

Then, as I was passing on the right between two other riders and the curb, with two generous handlebar-widths of room, the middle rider looked left and drifted right. His handlebars came under my elbow and hooked my thigh. I stayed relaxed, waiting for him to untangle himself, so I could chase down the leaders. Instead, he panicked, gave up, and went down. His wheels hit my spokes broadside and turned my wheels into wavy potato chips. When the warp in the chips hit my brake calipers, the bicycle stopped dead. I was launched over the handlebars at more than twenty-five miles per hour.

I tucked, rolled, felt the impact of my right deltoid, and thought, "This is going to hurt later." Luckily, the other twenty riders navigated around us. But the stab of pain in my shoulder as I picked up my bicycle meant that I was out of the race. I hiked over to tell the race officials, then headed to the medics. The medic gave me a visual once-over and said, "So?" The drill started as soon as they realized I'd crashed. In that state of post-trauma numbness, my race jersey peeled off without too much discomfort. Later, at the hospital, the nurse had to cut my insulating base layer to remove it.

Sitting in the emergency room with an ice pack on my shoulder, I called on my own dolphin team, used Color Breathing, and did micro-motion exercises from Meir Schneider's *Handbook for Self-*

*Healing*, which had been reviewed in the DEC newsletter. I wanted to increase blood flow and oxygen to the injured area and flush out fluid buildup. Moving the shoulder for x-rays was not fun.

The orthopedic surgeon arrived and informed me that I had a shoulder separation. I asked, "Is it a category 1, 2, or . . ." He looked at me and stated that it was a full-blown cat 3 separation with a broken shoulder blade—typical of high-impact accidents. Ah, like hitting the pavement at twenty-five miles per hour. Yes, I would say

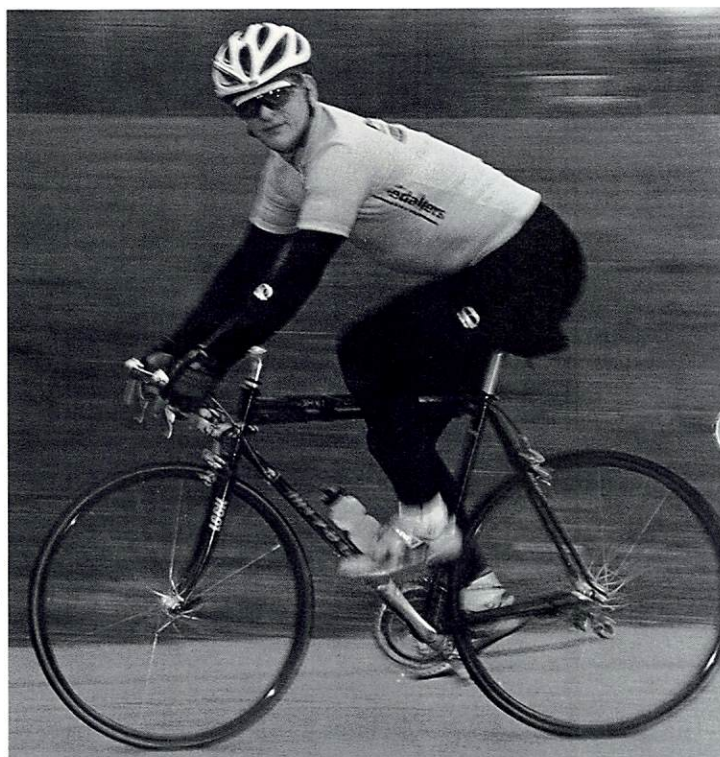


Photo by Alison Lee

so. Next question. How long does this take to get better? *His response: four to six.* Quick calculation, I'll be back on the bike by the weekend. *He elaborated: weeks. WEEKS!* Doctor, do you know where I am supposed to be in two weeks? *No.* Boulder, Colorado. *Oh, that is nice.* Doctor, have you heard of Connie Carpenter and Davis Phinney? *Yes.* But, I'm going out to Boulder to ride with them. *He smiled and said, not with that shoulder.* Then I described my exercises. Surprised

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## OPENING THE WAY: IT TRANSLATES PERFECTLY!

by Regis Louis, MD

Regis Louis, a former member of the Institute's Professional Division, is a psychiatrist in private practice in France. Dr. Louis has previously reported on Hemi-Sync applications with patients suffering from insomnia and depression. Previous success with the tapes made *Opening the Way* a natural choice when he and his wife were expecting their first child. The Hemi-Sync exercises were augmented with sophrology, which uses movement, visualization, relaxation, and positive programming to increase consciousness on all levels of being, and haptonomy, which teaches ways of communicating with the baby in utero.

Maryvonne and I wish to relate our experiences with *Opening the Way* while awaiting our first baby. We used several techniques—Hemi-Sync tapes, sophrology, and haptonomy—during her pregnancy and for the birth itself.

Having the tape scripts in French was a great aid to fully understanding the instructions. Here's how we used the tapes. The mother-to-be listened to Tape 3A, *Deep Relaxation*, once a day after the fourth month; Tape 4B, *Supporting Late Pregnancy*, every other day after the eighth month; and Tape 5B, *Contacting the Baby's Soul*, sporadically. Tape 3A generally produced very deep relaxation, sleep, and good physical recuperation. Tape 4B, with the women's voices and drumming, was an intense experience on all planes. Father, Tape 4A, for the father-to-be, usually put me right to sleep. Then I finally heard the complete tape and suddenly understood that my role was "the protector."

Because the birthing process

lasted only two hours, there was no need (or time) to use the tapes either for labor or for the pushing phase, which was over in ten minutes. Maryvonne remained standing during labor and did controlled breathing and vocalizing to diminish the pain. As she pushed, I supported her in the proper position and joined her in a haptonomy breathing exercise that visualizes directing the breath through the belly to guide the baby out.

*Post-Op* and *Energy Walk* from the French version of the *SURGICAL SUPPORT SERIES* were beneficial postpartum. We sometimes reinforced the tapes with Biocircuits, a device for balancing the physical body with mild electrical stimulation. This approach was so successful, the postpartum tapes from *Opening the Way* were unnecessary.

In summary, the birth was outstandingly quick and easy and pain was minimal. Anesthesia was not required because labor was so efficient and uncomplicated. From the beginning, our new daughter, Evelaïne, was alert and calm. She immediately made deep eye contact with us. Visitors remarked that she looked like a healthy one-month-old. The father was also very conscious and present. We consider this outcome to be a direct result of our preparation regimen, which included Maryvonne's understanding of her own physiology and the birth process; doing a good emotional cleansing (Tape 2B, *Remove and Release*, is perfect for this); knowing how to relax and control pain without tapes; establishing good communication with the baby through haptonomy touching and visualization; and being trained in individual and couples' exercises for labor. All of the different techniques contributed to our feeling positive and confident.

*Opening the Way* is especially good for helping the mother learn to relax, communicate with the

baby, explore the birthing energy, control pain, and let go into the non-ordinary states of consciousness that are a such a big part of the birthing process. The father learns to take his place near the mother and offer her the necessary support. If additional *Opening the Way* tapes are planned, we would suggest one for the baby to hear while he/she is in the womb. It would explain what is going to happen and ask him/her to trust the process of being born. Being well prepared makes everything easier for the parents and the baby. *Opening the Way* played an important part in helping us to live, deeply and consciously, the totally natural process that is birth and to avoid excess medication. We are deeply grateful that these tapes are now available to everyone.

### Footnote

Hemi-Sync is continuing to be a resource for Maryvonne's second pregnancy. Regis reports that "it's very different to wait for this baby." The mother was "a bit stressed and tired" and kept falling asleep during the *Healthy Pregnancy* tape. She's turned to *Deep Relaxation* and *Catnapper* and is getting good, recuperative sleep. Since they are only at the fifth month, the other tapes will be introduced later.



## QUARTERLY TAPE

*Forest Night*

A tranquil Virginia summer night provides a backdrop for a cricket serenade. Let the richly textured, soothing natural sounds and Hemi-Sync sleep frequencies guide you gently into dreamland.



## WESTWARD HO! WITH MONROE

by Barbara McCulloch

Once a month, a dozen TMI graduates gather in a suburb of Portland, Oregon, to meditate with their favorite Monroe tapes. We met at a *GATEWAY GRADUATE RETREAT* held near Portland in June 1998 and discussed the possible benefits of combining our energies on a regular basis following the *RETREAT*. We've grown into a close-knit group of caring people who look forward to eating, meditating, and sharing together as "family" for five or six hours at a time, one Sunday a month. Some group members must travel three to five hours, coming from as far south as Medford, Oregon, and as far north as Seattle, Washington. Over the past sixteen months, many nonphysical friends have joined in and are helping us to create an energy vortex here in the Northwest to channel healing to our earth. "Monroe West," as we call ourselves, meets at my home because it has both ample indoor space and parking. We hope that other Monroe graduates in the area will join us or be inspired to start their own groups. For more information, please contact Dirk Dunning in Salem at (503) 362-0758,



Left to right, first row: Nicolas Hernandez, Dirk Dunning, Nancy Block, Ralph Burton. Second row: Bill Ayres, Barbara McCulloch, George Green. Standing: Jeanette Mullane, Peg Beckwith, Dorothy Robinson. Not pictured: Bill McCauley and Roger Robison.

Nancy Block in Medford at (541) 776-3851 or by e-mail at [nancyblock@eugene.net](mailto:nancyblock@eugene.net), or Barbara McCulloch in Portland at (503) 639-7016.



## GATEWAY GRADUATE RETREAT SCHEDULE

by Bob McCulloch



It is with great excitement that we enter our fifth year of holding the *GATEWAY GRADUATE RETREATS* and the year 2000. Five programs are currently scheduled, and we hope to add a sixth before too long. The added program will be announced in the spring issue of the *FOCUS*. The *RETREATS* are offered as intensive weekend residential programs to those who have attended residential programs at The Monroe Institute. They are offered throughout the United States as a way of supporting those

of you who would like to go deeper into—and reinforce your experiences of—Focus levels 15, 21, and 27. My wife and co-trainer, Susan, and I have been quite successful at recreating the TMI experience in the various centers we've rented for the *GRADUATE RETREATS*. We look forward to seeing many of our friends throughout the country in 2000 and would like to especially invite those of you who haven't yet joined us.

|                |                                     |
|----------------|-------------------------------------|
| March 10-12    | Oviedo, FL                          |
| April 28-30    | Chicago, IL                         |
| May 12-14      | Roberts Mountain Retreat, Faber, VA |
| June 9-11      | Los Gatos, CA                       |
| November 17-18 | Portland, OR                        |

For further information, please contact me at P.O. Box 53, Faber, VA 22938, (804) 263-8686, or [alobar@prodigy.net](mailto:alobar@prodigy.net)



## CYBERSPACE VOYAGERS

The VOYAGERS Internet mailing list, [voyagers@monroe-inst.com](mailto:voyagers@monroe-inst.com), is an electronic communication link for those using Hemi-Sync to explore the realms of consciousness. Send a request with "subscribe" as the Subject to:

[voyagers-request@monroe-inst.com](mailto:voyagers-request@monroe-inst.com) to join. Requests are handled in person, so allow for a delay. You will receive a welcome and instructions when you have been added.

<http://www.monroeinstitute.org/> is TMI's web site, and [monroeinst@aol.com](mailto:monroeinst@aol.com) is the official E-MAIL address.



## THE MOST IMPORTANT DAY OF YOUR LIFE

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phenomenon was crucial. One of those close friends, Charles "Charlie" T. Tart, PhD, stands out in my memory. While Charlie was an instructor in psychiatry at the University of Virginia School of Medicine during the mid-sixties, he would frequently visit our home for in-depth discussions with my father. They were studying Bob's OOBs in the university EEG laboratory. They developed a wonderful relationship based on mutual respect. Thank you, Charlie, for your friendship, your laughter, and your commitment to understanding limitless possibilities.


Many others in the past have made significant contributions to the Institute's growth: Dave Wallis in the lab, Nancy "Scooter" McMoneagle as executive director, Rita and Martin Warren, who monitored many *EXPLORER* sessions in the early days, Eleanor Friede as the publisher of *Far Journeys* and *Ultimate Journey*, and Helen Warring as our program registrar. Our gratitude embraces all who have played a role in bringing us to this particular "now," especially our Board of Advisors, the Professional Division, the original *EXPLORER* team, our trainers, many nonphysical friends, and you—our members. The list must also include all of the program participants who have shared their experiences with friends and family. Hearing their stories and truths has inspired more and more people to attend the *GATEWAY VOYAGE* and learn how to "find out for themselves." What wonderful gifts we can give each other by sharing ourselves.

I recently attended the funeral of a former employee, Amanda Harris, who had worked in the kitchen. Those of you who knew her surely remember her delicious

chocolate chip cookies, friendly smile, and loving heart. Perhaps because she was content and happy with the past, Amanda just naturally lived in the now. Her minister noted that quality many times during his eulogy. Even Amanda's way of speaking emphasized the present. She'd say, "Now, we need to do this" or "Now, let's go here." In that spirit, I thank all of our employees for their many contributions and for their efforts to maintain the essence of "now" in their daily work. Through their actions, the wonderful TMI team supports our mission and vision.

**TOMORROW IS WHEN.** At what point does "when" begin? If when refers to the time or moment of an event, then we are creating "when" in this moment of now. So by patterning for the future in the present moment, we are actually manifesting the future "now." From that perspective, our actions and thoughts "now" are of utmost importance to "when." Although our manifestations may not appear immediately in physical reality (as they do on other energy levels), what we envision "now" becomes tomorrow's "when."

Knowing this, it logically follows that being what we are patterning for makes it not only the future but also the now. The outcome of being our own true expression of self and allowing ourselves to be whatever we so desire, is a joyful, happy, effective life experience, which produces positive and constructive results. Continuing to pattern in the present for a more compassionate society automatically creates more compassion "now." To be successful, our patterning must be integrated through all parts of our being—emotional, physical, mental, and spiritual. Through this integration we align our intentions to be all that we can be. Through gratitude for yesterday's achievements and appreciation for tomorrow's promise, we lift our consciousness to

a higher level. Remember, "THIS DAY IS NOW; you can use it and be it however you so desire." I invite you all to participate in the vision of a compassionate future—one of joy and happiness, one of being in service to others for constructive ends. Infinite resources of strength, courage, and wisdom are available for manifesting the highest good in this physical reality. Here and now, our limitless and infinite essence can unfold in full expression. As Bob would say, "Let this flow begin NOW." 

## MAKING WAVES WITH HEMI-SYNC

*Continued from page 1*

family members died of cancer. I began to feel discouraged and trapped. Finding a book on yoga triggered the next change. That book started me on a path of self-discovery—physical, mental, emotional, and spiritual. The path led to workshops and training courses in many techniques and disciplines. A major event in my life during that period was founding the Self-Awareness Center in 1976. There, I taught yoga and shared other approaches relating to health, fitness, and the body-mind connection. As my personal unfoldment continued, I discovered *Journeys Out of the Body* by Robert A. Monroe.

I still didn't know that The Monroe Institute existed until a Center workshop in the spring of 1986 involved Monroe tapes. By that fall, I had attended my first residential program at the Institute. Additional programs followed in 1988, 1990, 1993, and 1998. My increasing use of Hemi-Sync tapes and Monroe materials in Center classes inspired one of our participants, Susan Wedeking, to become a TMI *OUTREACH* Trainer. Susan led *EXCURSION* workshops for us

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## THE MONROE INSTITUTE PROGRAM SCHEDULE

Programs marked RMR will be held at Roberts Mountain Retreat. All others will be held at The Nancy Penn Center. Due to space considerations, this is only a partial listing. Contact Trina Murphy at (804) 361-1252 or [Toinfinity27@aol.com](mailto:Toinfinity27@aol.com) for additional dates and to register for all programs except the Professional Seminar.

### 2000

**BEYOND EXPLORATION 27**  
(For *EXPLORATION 27* Graduates)  
May 17–21 (RMR)

**BILINGUAL GUIDELINES** (French)  
October 28–November 3 (RMR)

**EXPLORATION 27**  
(For *LIFELINE* Graduates)  
March 25–31 (RMR)  
May 6–12 (RMR)

**GATEWAY VOYAGE**  
January 29–February 4  
February 19–25  
March 11–17  
March 25–31  
April 1–7  
April 8–14  
May 6–12  
May 13–19  
May 20–26

**GUIDELINES**  
(A Graduate Program)  
February 12–18  
April 15–21

**HEARTLINE**  
(A Graduate Program)  
April 1–7 (RMR)

**LIFELINE**  
(A Graduate Program)  
February 5–11  
April 15–21 (RMR)  
April 29–May 5 (RMR)

**OUTREACH Continuing Accreditation (ORCA)**  
August 23–27 (RMR)

**Professional Division Seminar**  
March 18–22

**TEEN GATEWAY**  
July 22–28

**Trainer Development and Assessment Program (TDAP)**  
July 7–14  
November 3–10

## HEMI-LYNC Making Global Connections

*Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync. It's*



*your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities. To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.*

### Appearances

F. Holmes "Skip" Atwater, TMI research director, presented "Exploring Consciousness with the Hemi-Sync Process" at the First International Forum on the Investigation of Consciousness. The forum took place in Barcelona, Spain, on October 15–17, 1999, in conjunction with the International Congress on Projectology. TMI OUTREACH Trainer and Professional Member Carol Sabick-Quinn arranged for Skip to be interviewed by several Spanish magazines during his visit.

Ashle Trucano, a graduate of several residential programs—including TDAP—and a Hemi-Sync distributor in Sydney, Australia, spoke to the Holistic Nurses Association of New South Wales on October 22–24. Ashle's presentation, "Awakening the Inner Healer with Hemi-Sync," drew a strong response from the 200 attendees. She is currently preparing proposals for implementing Hemi-Sync in the nurses' major areas of interest.

### Books

The following titles are available from Interstate Industries, Inc. Robert A. Monroe's trilogy:

### JOURNEYS OUT OF THE BODY FAR JOURNEYS ULTIMATE JOURNEY

*Healing Myself*, by Gari Carter  
*Cosmic Journeys*, by Rosalind A. McKnight  
*Mind Trek*, by Joseph McMoneagle  
*Using the Whole Brain*, edited by Ronald Russell

### Electronic Lyncs

Refer to **CYBERSPACE VOYAGERS** for a listing of TMI "net surfing" addresses.

TMI is now featured on the Internet Mall™, FIRST FLOOR: **Online Music Shop**.

### Magazines

"Your Inner Doctor" by Maria Noel Mandile in *Natural Healing*, October 1999, told the story of accomplished medical intuitive Winter Robinson. The article noted that Robinson learned techniques for honing her psychic talents at a Monroe Institute residential program. Winter has been helping people for fourteen years and now spends most of her time teaching others to "tap into their own intuition" and "listen to what their own bodies are telling them." She may be contacted at (207) 929-6960 or by e-mail at [winter@winterrobinson.com](mailto:winter@winterrobinson.com)

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## Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you. **Please inform us promptly of changes in location and phone/fax numbers.** Call (804) 361-9132 or e-mail [DEC1PD@aol.com](mailto:DEC1PD@aol.com) with changes or to be removed from the list.

### AUSTRALIA

#### ADELAIDE, S.A.

Olive Elms  
Dara Gorecki  
(61) (8) 8276-3367  
Calire Ezrac  
(61) (8) 8346-7936

### SYDNEY

Ashle Trucano  
(41) (2) 9953-1155

### BELGIUM

#### THIMISTER

Patrick Bartholome  
(32) (87) 44-70-70

### CANADA

#### HALIFAX, NS

Tom Tasse  
(902) 443-2692

#### TORONTO, ONT

Blair Swanson  
(416) 694-2908

#### VANCOUVER, BC

Carol Biernat  
(604) 261-2840

### CYPRUS

John Knowles & Linda  
Leblanc  
(357) (6) 621272

### DENMARK

#### COPENHAGEN

Jan Caroc  
(45) (33) 255313

#### STOVING

Kim Notholm-Larsen  
(45) 98385751

### ENGLAND

#### CAMBRIDGE

Sue Pitman  
Tel (223) 843164  
Fax (223) 515091

### IRELAND

#### OMEATH, CO.

#### LOUTH

Jim & Lana Phillips  
(353) (42) 75522

### JAPAN

#### TOKYO

Kanji Nakai  
Tel (03) 5471-2502  
Fax (03) 5471-2972

### SCOTLAND

#### NEW GALLOWAY

Jill and Ronald Russell  
Tel/Fax (44) (1644)  
420357

### U.S.A.

#### ARLINGTON, VA

Mark Gemmell  
(703) 522-8663

#### BETHESDA, MD

Helene N. Guttman  
Tel/Fax (301) 656-  
8980

#### BUTTE, MT

Leo McCarthy  
(406) 494-3567

#### BOSTON, MA

Steve Ullman  
(978) 579-0945

#### CHARLOTTE, NC

Rebecca Nagy  
(704) 588-4623

#### COLUMBUS, OHIO

Tom King  
(614) 421-7117

#### DAVIDSON, NC

Norma Atherton  
(704) 892-7000

#### DOWLING, MN

Robert Jonas  
(616) 758-3797

#### ENGLEWOOD, CO

Daniel K. Meyer  
Kimberly Miller  
(303) 740-8053

#### FAIR OAKS, CA

Edy Harrington  
(916) 967-7998

#### FINESVILLE, NJ

Pete Ennes  
(908) 995-9493

#### HAMDEN, CT

Lou Stout  
(203) 288-1677

#### HENDERSONVILLE, NC

Joe Gallenberger  
(704) 693-4721

#### INDIANAPOLIS, IN

Shawn Casey  
(317) 852-7727

#### LAMBERTVILLE, MI

Eileen Tucker  
(313) 856-5251

#### MT. JULIET, TN

Art and Jan Flint  
(423) 988-0104

### NEW YORK, NY

Al Swadichuto  
(212) 228-3298

#### PALMER, AK

Ross Perrine  
(907) 746-6443

#### PASO ROBLES, CA

Leland Beck  
(805) 237-8949

#### PHILLIPS, ME

(after 5/15)  
C.J. & Stella Stevens  
(207) 639-2501

#### PORTLAND, ME

Joe Harrington  
(207) 773-0291

#### PORTLAND, OR

Bill Oakes  
(503) 628-3150

#### RENTON, WA

Peggy O'Hare  
(425) 641-4535

#### ROB SANDSTROM

(425) 255-1035

#### ROSWELL, GA

Chase Carey  
(770) 587-0350

#### SAN MATEO, CA

Chow Chow Imamoto  
(415) 341-1955 (r)  
(415) 344-1822 (w)

#### SILVER CITY, NM

Marion Light Ray  
(505) 388-5782

#### STONE MOUNTAIN, GA

Gretchen Jaccino  
(404) 716-5857

#### SURFSIDE BEACH, SC

(until 5/15)  
C.J. & Stella Stevens  
(843) 215-1097

#### TEMPE, AZ

Marcie A. Katler  
(602) 968-3021

#### TOLEDO, OH

Eileen Tucker  
(313) 856-5251

#### TULSA, OK

Bruce W. Freeman  
(918) 742-0743

#### WALLINGFORD, CT

Mike Cei  
(203) 265-9851

## Hemi-Lync

Continued from page 6

## New Books

The third and final volume of Bruce Moen's Exploring the Afterlife trilogy is now available from Hampton Roads Publishing Company (HRPC). According to HRPC's reviewer, Bruce's *Voyages into the Afterlife* "take the out-of-body experience (OBE) to a new level." The book includes a glossary of terms used in the exploration of nonphysical realms.



## MAKING WAVES

Continued from page 5

for a while thereafter. The Monroe tapes were also a tremendous help when I was caring for my husband at home during his terminal illness with cancer. Both of us depended on them for pain relief, relaxation, and sleep. *Deep 10 Relaxation* and *Pain Control* were our "standbys," and *META-MUSIC* played in the background day and night.

Since discontinuing my Self-Awareness Center activities in 1997, I have served on various committees, given talks, and taken every opportunity to share my experiences relating to wellness and expansion of consciousness. Through the years I've probably distributed hundreds of Monroe information packets and catalogues in the course of encouraging people to order tapes. *GOING HOME* is part of my personal tape collection, and I've made sure that hospice and others know about that series.

Serving on committees at two hospitals here in Evansville, Indiana, has given me a chance to promote the use of Hemi-Sync in medical settings. Both facilities have purchased large quantities of tapes. Best of all, the Deaconess Holistic Resource Center and the University of Southern Indiana School of Nursing are currently collaborating with the Institute on a three-year research project relating to pain. This fall (1999) the University of Evansville Continuing Education Department asked me to assist with a new class, "Awakening to Spirituality." The class is going very well and, of course, we are including TMI materials.

With interest literally mushrooming, we're fortunate to have finally acquired two *OUTREACH* trainers in our area—Honora Finkelstein and Susan Smily. Their presence will increase our ability to share the Monroe techniques for growing in consciousness and exploring new dimensions. Then there's the year 2000. . . . What changes—besides my eighty-fifth birthday—will it bring? I look forward to this new phase of my life with gratitude for the past, with anticipation of additional challenges and sharing, and in hope of yet another visit to TMI!



If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The *OUTREACH* Trainers and facilitators listed on the *Expanded Workshop* insert also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.



## THE RECEIVING SIDE OF DEC

*Continued from page 2*

by my proactive attitude, he agreed that the exercises would help and showed me several more for later.

The following Monday I called and placed myself on the DEC list. By Wednesday evening during my quiet time, I sensed that other energy sources had joined my dolphins. An intense influx of energy awakened me late that night. To keep from struggling against it, I rolled out of bed, went to my sitting place, and did conscious breathing. I sighed gratefully and went back to bed once the energy had been modulated and incorporated.

That first week I slept propped up in bed, wore both a shoulder harness and a sling day and night, and needed help to get into a shirt. My own dolphins distributed the energy being directed to me while I concentrated on smooth flow and increasing vitality, plus continuing the micro-motion exercises. I could feel the shoulder blade knitting back together! I went to the bike camp in Boulder without my bike. Hey, I had

paid for it, and you can learn a lot just being around world-class athletes. Experts from many fields made presentations. Andy Pruitt, sports medicine specialist, and Kari DeBenedetti, athletic trainer, checked my shoulder. *Andy's comment: yes, cat 3 separation; you never completely heal from one of those. Not* what I really wanted to hear.

I occasionally "checked in" at my New York apartment and found energy gifts waiting there. I also signed up for four one-hour massage sessions, which included assisted/passive motion therapy, with Nancy Schierholt. Each succeeding day, the increased range of motion, reduction in bruising and swelling, and speed of my recovery surprised Nancy. At our last session, she said it was hard to believe that I'd had major trauma just a week and a half earlier. Near the end of the week, I could sleep flat on my back and used the sling only when my arm and shoulder started to tire. Small gains felt like such big accomplishments. On my way home, I stopped in East Texas for a family gathering. My brother and sister-in-law are doctors; they introduced me to area physical

therapists who taught me new motion and strength exercises. I enjoyed doing them while floating in the lake.

Because I had forgotten to make withdrawals from my DEC account while in Texas, I returned home to a huge store of energy. Several of the energy "signatures" were familiar, including that of the individual who had awakened me two weeks before. Multiple quiet-time sessions over several days integrated the energy very nicely. I started to wonder if DEC goes to the *person* or to the *location*? I can now vouch that receiving DEC energy assists in physical and emotional recovery from trauma. My thanks to everyone—DEC members and health practitioners—who supported my healing. Seeing DEC from the other side has increased my sensitivity and, hopefully, my effectiveness. Andy was correct. My shoulder "pops" at times as tiny displacements move back into alignment. But I have full range of motion, and my love of biking is undiminished. You'll still find me training and racing from May through September, the cycling season in upstate New York.



*Wishing you a*

*New Year blessed*



*with peace*



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**Layout and Design:** Grafton Blankinship  
TMI FOCUS is published four times annually by The Monroe Institute, 62 Roberts Mountain Road, Faber, VA 22938-2317. Telephone (804) 361-1252. The Monroe Institute is dedicated to exploring and developing the uses and understanding of human consciousness. The FOCUS contains current information on Institute activities, applications of the Hemi-Sync® technology, and communication with Hemi-Sync participants and program graduates. Membership rates from \$50 to \$150 per year.

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